

## **Flow**

What outside or inner forces impede or motivate the movement of the women in the pictures. How freely does the woman with the cat sit, or is there an inner need to move. Does the woman with the dog want to slow down or go on a different pathway? How do the outside forces of the cat, dog and imagined wind impact on their weight, space and time?

Remember that the mental factors of flow are progression/precision and Jung's Feeling. By this we mean, are they able to progress easily, or is their progress somewhat hampered, limited? Are they being 'careful', or 'carefree'? Are they able to progress and do they need to be careful. And how do they *feel* about that ability. They might be compelled to move or feel stuck. Is there an ease or not about the circumstances they find themselves in?

**Flow: The effort element 'bound' or hampered flow consists of the readiness to stop normal flux and of a movement sensation of *pausing*.**

**The effort element of 'free' flow consists of released flux and of the movement sensation of *fluid*.**

Ref: Laban, R. Ullmann (ed.) *The Mastery of Movement*. 1980. 4<sup>th</sup> edition, p. 76.

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